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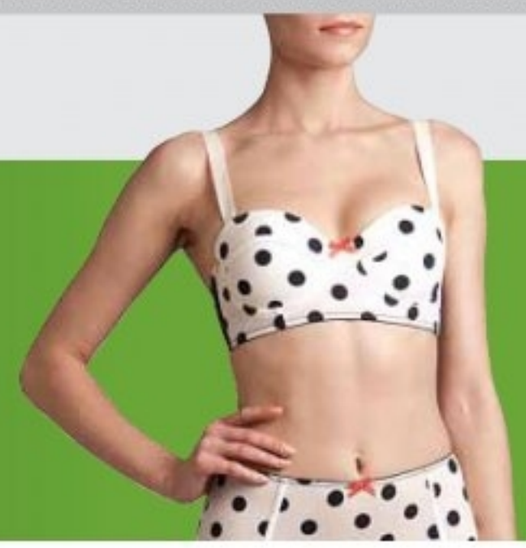
#1 FREE DAILY NEWSPAPER IN CENTER CITY

FUN-TO-WEAR UNDERWEAR {page 18}



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PHILADELPHIA

Wednesday, February 8, 2012

GETTY IMAGES

The Big Issue

Grappling with NHL's concussion epidemic

Six Flyers among 70 hockey pros felled this year GM Holmgren calls it 'bad for the sport' Rash of suicides last year adds depression to concern {pages 08-09}

Metropolitik

Obama to use super PACs: Hypocritical?

President campaigned on changing financing system, then did nothing Now he's got to make use of it {page 12}

Is Zooey prime for Brand-ing?

Both these gals are recently divorced, but guess what else they have in common {page 15}

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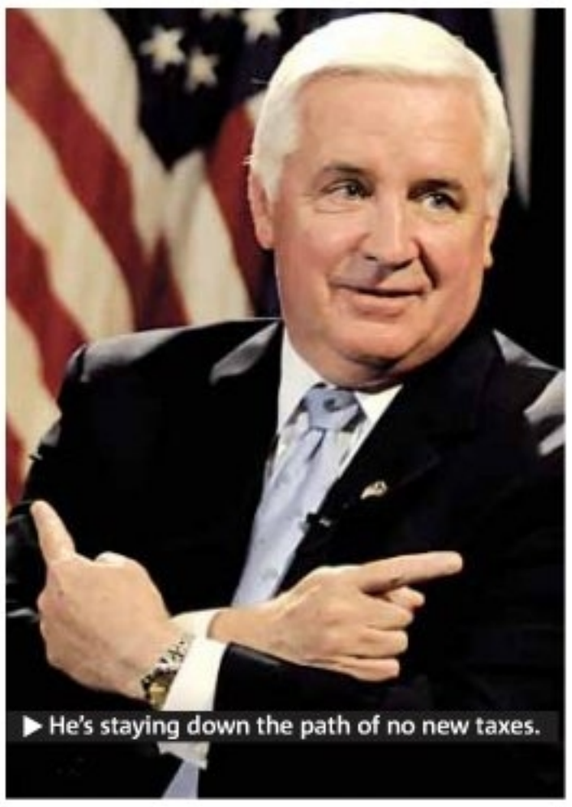
Temple students already plot protest of budget cuts

State university in North Philly would lose 30 percent of its annual funding in budget proposed by Corbett yesterday Students not happy

PHOTOS: RICARD LARMA/METRO



▶ He's staying down the path of no new taxes.

▶ Students handed out flyers at the North Philly campus hours after Corbett's speech.

For a second straight year, Gov. Tom Corbett's proposed budget includes steep funding cuts for higher education, putting students and families on edge as legislators prepare to debate the spending plan.

After proposing a 50 percent cut last year to state-related universities, legislators eventually approved a 19 percent reduction in funding. Yesterday, Corbett called for a 30-percent drop in funding for three of the four state-related universities, with Lincoln University the sole recipient of level funding. The 14 state-owned universities, including Cheyney and West Chester, would see a 20 percent dropoff.

$27.14B

Overall, Corbett's proposed $27.14 billion budget would keep spending almost flat from the current year and not include any tax hikes, matching one of his campaign promises.

Corbett said it is time to have a "thorough, public and candid conversation" about how to deal with spiraling costs. But college officials indicated the reductions could lead to higher tuition.

"We have become leaner and more focused on a quality education. That effort continues," Temple President Ann Weaver Hart said in a video response. "The governor's plan, however, is not one that can be met by cutting costs. If approved by the General Assembly, this reduction in support will be felt by every student, parent and employee."

A coalition of students from local universities plan to rally on Temple's campus next month to oppose the proposed cuts.

"It's not really surprising," said senior Rand Williamson, a member of Occupy Temple. "I think he made it pretty clear last year what he values, and it's not education."

The reaction from Penn State University, where Corbett is on the Board of Trustees, was more reserved.

"We will do everything we can to continue to cut costs and improve the effectiveness and efficiency of delivering our broad range of instructional programs," said PSU President Rodney Erickson.

SOLOMON D. LEACH
sleach@metro.us

Advisory panel would come with cuts

PHILADELPHIA. Corbett created an advisory panel on higher education that would evaluate the system and make recommendations on how to make it accessible and affordable for students and fair to taxpayers.

The panel will be chaired by Rob Wonderling, president and CEO of the Greater Philadelphia Chamber of Commerce and a former state senator. The 30-member panel also includes other education and business leaders.

In addition to affordability, the group is charged with evaluating the role of technology and how higher education can increase collaboration with government and the private sector.

The panel is expected to issue a report by Nov. 15. METRO

Funding shift

All of the state's higher education system would take a hit, except for community colleges:

- **Temple University**
  Current: $140 million
  Proposed: $98 million
- **Penn State University**
  Current: $227.7 million
  Proposed: $194.6 million
- **University of Pittsburgh**
  Current: $136 million
  Proposed: $95.4 million
- **State System of Higher Education (Operates 14 state-owned universities)**
  Current: $412.7 million
  Proposed: $330.2 million
- **Community colleges**
  Current: $212.2 million
  Proposed: $221.9 million

In the news

Wrestling class in Delaware? Headlocks 101

Delaware State Police have arrested a contracted teacher who worked at The New Castle School and charged him with allegedly putting a 13-year-old student in a headlock. Mark Murdock, 41, was assigned to monitor the school's in-school suspension room on Jan. 26. METRO

In the news

Mornings after at Shippenburg

Vending machines are often associated with soft drinks, junk food and even DVDs, but emergency contraception? At Shippensburg University, Plan B, or "the morning after pill," is available at a machine on campus. Taken to avoid pregnancy after unprotected sex, the pill reportedly costs the school $25 each, which is what they charge students, making no profit. METRO

Another airliner arrival at PHL

PHILADELPHIA. Alaska Airlines will begin nonstop daily service from Philadelphia to Seattle on June 11, officials announced yesterday.

The Seattle-based airline will offer one daily nonstop flight for an introductory fare of $190. The carrier has ranked the highest in customer satisfaction among traditional carriers in North America by J.D. Power and Associates for four straight years. It was also one of the first to let passengers purchase tickets online. METRO

Cop's son gunned down

OVERBROOK. Dennis Gore Jr. walked with his girlfriend in Overbrook on Monday afternoon to get food when an unknown man walked up to Gore Jr., pumped five bullets into his chest at point-blank range, then fled on foot.

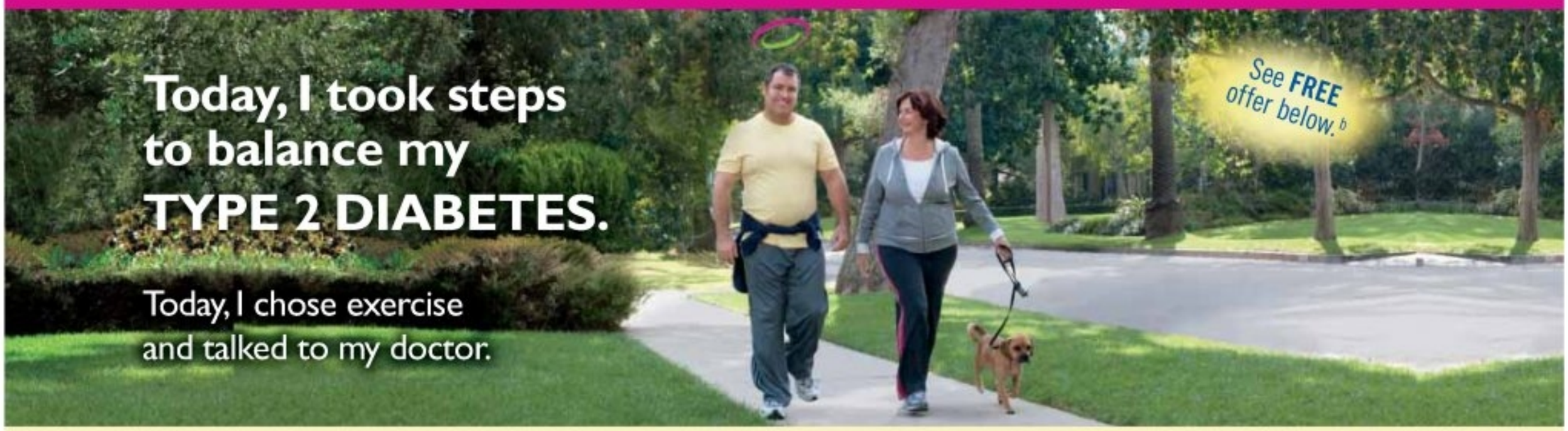
The broad-daylight slaying of the 24-year-old son of a Philadelphia police officer, has investigators stumped. METRO/AW

Ex Philly cop pleads to theft

PHILADELPHIA. Former Philadelphia Police Sgt. Dwayne Darby pleaded guilty to theft today for helping to file a false insurance claim.

Darby was arrested after a grand jury investigation found that he helped submit the fake claim for a 2006 Volvo registered to a friend. Darby was sentenced to three years probation and fined $5,000. METRO/AW

JANUVIA is widely available on most insurance plans.[a]



JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a] Fingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

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Januvia® (sitagliptin) tablets

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[b] **Terms and conditions apply. Please see next page.**

Eligible patients may receive a free 30-day trial supply of JANUVIA.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
No purchase is required. Not valid for refills.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2012**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.

Januvia® (sitagliptin) tablets

- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.**
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for this free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

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THIS VOUCHER IS NOT INSURANCE.

Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

  Symptoms of a serious allergic reaction to JANUVIA may include:
  - rash
  - raised red patches on your skin (hives)
  - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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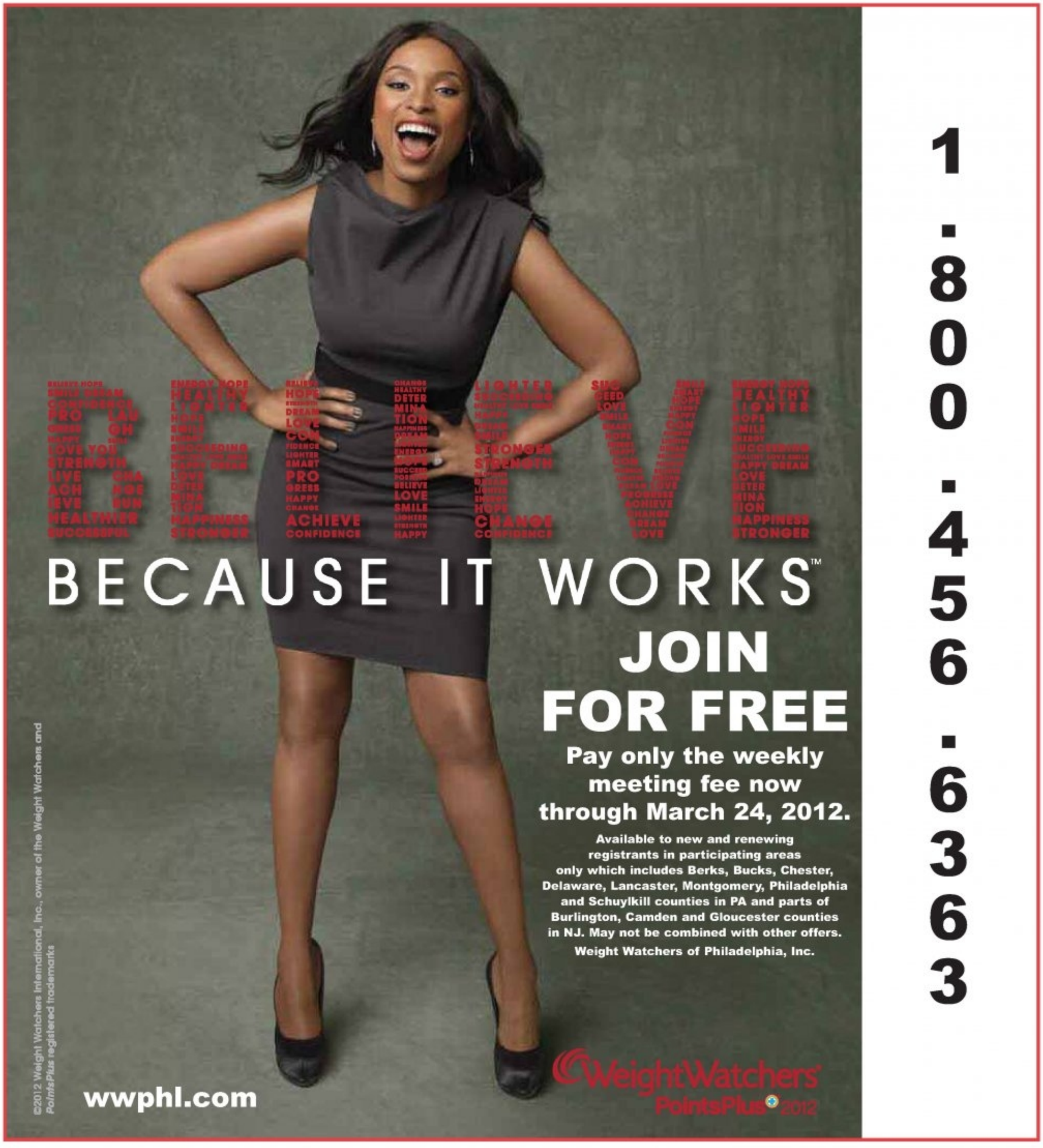
This Medication Guide has been approved by the U.S. Food and Drug Administration.

DIAB-1018050-0000 12/11

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2012**

Januvia®
(sitagliptin) tablets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Opinion

ROB WONDERLING
PRESIDENT AND CEO,
GREATER PHILADELPHIA
CHAMBER OF COMMERCE

SKILLED HELP WANTED

Mayor Nutter spoke on Monday to members of the business community at the Greater Philadelphia Chamber of Commerce annual Mayoral Luncheon. Representatives of businesses big and small came out in force to hear the mayor's plans for economic growth.

The mayor's plans come on the heels of the recently released GPCC Economic Outlook 2012 Survey which found that while the regional economy has improved over the past year and the unemployment rate has fallen, the rate remains high as the economy lacks the strength to accommodate all job seekers. The survey, conducted by the Federal Reserve Bank of Philadelphia, also noted that employers are having a difficult time finding workers with the right skills at all levels of employment.

One of the issues high on the mayor's priority list — and the business community's — is our workforce. The mayor noted that an educated and skilled workforce is essential for our region to attract new businesses and grow the companies that are already here. He added that we must do a better job of educating and training our young people, which will undoubtedly require serious and difficult changes in our school system. He continued that he is committed to working with the School Reform Commission and the state to turn around the lowest-performing schools.

There is no issue more important to the success of a society than the state of its education and how it prepares its youth for the future. A talented and prepared workforce is key to the future growth of any organization and certainly the betterment of our community as a whole.

The mayor also addressed the concern that too many Philadelphians don't feel safe in their own neighborhoods and shopkeepers don't feel safe opening their doors for business. Recently, he laid out plans to step up efforts to reduce Philadelphia's crime rate. With additional police and more community outreach, the mayor is working aggressively with many partners at all levels of government to go after criminals.

He said in his second inaugural address, "We must show them that if you put the gun down, we'll work with you to put a book in your hands, to put some work and a job in your hands, to put a paycheck in your hands. We'll work with you to put your future back in your hands."

Quoted

"We applaud the mayor for his efforts to reform Philadelphia's schools, enhance our public safety and help prepare our youth for jobs in the 21st century."
WONDERLING

We applaud the mayor for his efforts to reform Philadelphia's schools, enhance our public safety and help prepare our youth for jobs in the 21st century. As members of the business community, we are committed to helping the mayor and his administration succeed in achieving these very important goals.

To read more about the Chamber's Economic Outlook Survey, visit www.news.gpcc.com.

*– **Rob Wonderling** is the president and CEO of the Greater Philadelphia Chamber of Commerce. His column runs every second Wednesday of the month.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 200-word submissions to letters@metro.us.

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THE BIG ISSUE

WITH **DAVE ISAAC**

@MetroPhilly sports@metro.us

From stars like Flyers captain Chris Pronger and Pens' scorer Sidney Crosby to enforcers like Rangers' Derek Boogaard, hockey is dealing with new era of concussions

Making players safer is top priority, but treatment remains uncertain science

NHL IN FOG OVER CONCUSSIONS

His eyes glazed over, Flyers center Danny Briere was helped around the bowels of Prudential Center in Newark, N.J., by a concerned doctor. His walk was slow. He looked lost.

The two-time All-Star who's been blessed with speed and skill but not much size has been concussed before, but never like this.

Now 34 and in his 14th NHL season, Briere is dealing with lingering symptoms for the first time.

Almost two weeks later, Briere was having good and bad days. Finally, he's returned to the lineup after missing six games. His symptoms are now gone after getting creamed three times on Jan. 21 by New Jersey defenseman Anton Volchenkov.

Quoted

"How does it really feel when you're in a fog? Now I know you're not quite yourself."
BRIERE, 34

"The thing that was frustrating was I've survived for 15 years in this league avoiding big hits like I took that day," Briere said.

It has become a league-wide trend, as Briere's is one of more than 70 documented concussions in the NHL this season, six of them Flyers players.

Some have called it an epidemic, but NHL commissioner Gary Bettman doesn't seem overly concerned. In a recent interview with NHL Network, Bettman speculated that the increased numbers are based on better medical diagnosis and extra caution.

"Obviously, it's better for the players, but there's still so much that's unknown about them," Flyers GM Paul Holmgren said. "You look around the league, there's not only a lot of players [concussed], but a lot of big-name players. That's not good for the sport. There's nothing that you can do. There's no magic wand, magic potion. It just takes time."

The Flyers were fortunate young stars Claude Giroux and Matt Read recovered quickly from recent concussions, but captain Chris Pronger was declared done for the season by December. Pronger's concussion symptoms, thought to be triggered by a stick to the eye in October, remain bad enough that he hasn't been seen by teammates since the Flyers' Christmas party.

This is proof that no one can predict how bad concussions can be despite developments in medical treatment.

For instance, James van Riemsdyk's recent concussion came as a surprise because it couldn't be traced to one big head shot, but now he has missed 11 games.

"I was always wondering before when I saw guys with concussions," Briere said. "How does it really feel when you're in a fog? Now I know you're not quite yourself."

ANDY MARLIN/NHLI VIA GETTY IMAGES

▶ Briere was lost for six games after this hit and two similar ones from the Devils' Anton Volchenkov, left, on Jan. 21.

LEN REDKOLES/NHLI VIA GETTY IMAGES

▶ Holmgren says stricter concussion reporting is good for players, but more concussions are hurtful to the game.

Enforcers' suicides shook up NHL

Flyers GM Paul Holmgren recently said, "Concussions are like fingerprints," in that no two are alike. In the case of Flyers forward Matt Read, he missed three games and hasn't felt symptoms since.

But some aren't as lucky as Read. If concussions aren't treated properly or players come back to the lineup too soon, it can have long-lasting effects like headaches, light and noise sensitivity and even depression. Last summer was especially painful for the NHL, when a few players died, including New York Rangers enforcer Derek Boogaard.

Boogaard, 28, had chronic traumatic encephalopathy, commonly known as CTE, which is caused by repeated blows to the head. He died of a drug and alcohol overdose.

"The mental health part of it — I didn't know — the individuals that have it, it's a scary thing," said Flyers left winger Jody Shelley, who attended Boogaard's funeral. He fought Boogaard six times in his career. "Mental health in professional sports, it used to be not cool, not macho to talk about your feelings. Us as athletes we have a good platform to help and to make it aware that it's OK to ask someone how they're feeling."

Winnipeg Jets tough guy Rick Rypien died in August at the age of 27 from what was later confirmed as a suicide. Former player turned analyst Wade Belak was found dead in August as well. The 35-year-old hanged himself in a Toronto hotel. All of these players suffered from depression, and Boogaard and Rypien both had confirmed concussions.

ILLUSTRATION BY DAVE ISAAC

Games lost to concussions

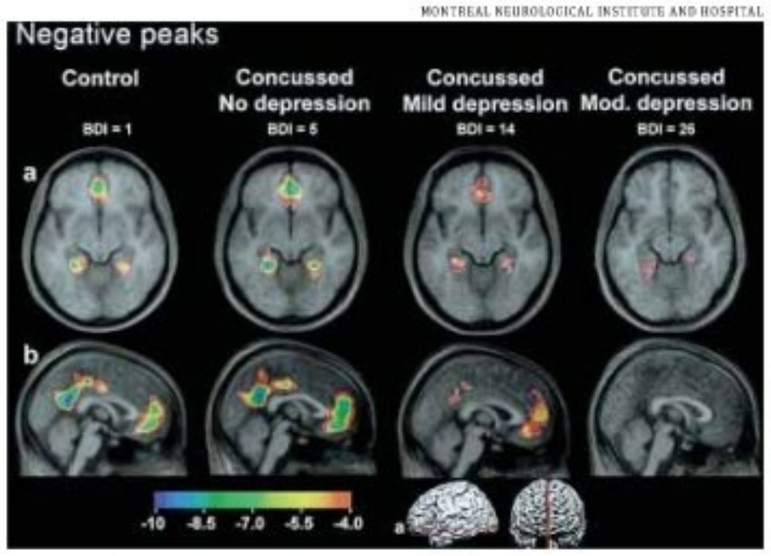
'It's been a lot of trauma'

Lauren Pronger, who has been a visible part of the city's fashion scene this year, gave a somber account of what her husband is battling in an interview with CSNPhilly last month during a charity event for Flyers' wives. Here are two excerpts that make up a majority of the short interview:

"It's a tough go at home. We're going day-to-day right now. Good days, bad days. It's been a lot of trauma. We're just praying right now. He's battling. He wants to be out there more than anybody. It's tough for all of us watch him go through this, too."

"I think any player that has been concussed, several times, they will have that commonality of saying whatever a good day, bad day, well, un, well, fortunately, I can't say what that feels like, but for those guys, they say 'today was a good day. Today was a bad day.' And I see that in Chris. I can tell, you know what, it was not a good day today. Unfortunately, he's not here tonight. Breaks his heart. Breaks my heart."

MONTREAL NEUROLOGICAL INSTITUTE AND HOSPITAL



After taking hits, real fight begins

According to a 2008 study from the Montreal Neurological Institute of McGill University, depression among the general population is around 5 percent. When head trauma, such as concussions, is factored in, the prevalence of depression skyrockets to 40 percent.

Not only is there no cure for depression, but as Flyers GM Paul Holmgren said "There's no magic wand, no magic potion [for treating concussions]. It just takes time."

There are programs for players who struggle with mental health, although it may seem like a form of weakness to be forthcoming about that sensitive topic.

"As teammates, you've got to be realistic with what people are going through," Flyers winger Jody Shelley said. "The biggest thing is for us to ask someone who looks down, or is feeling down or you know is down to not ignore it. And the person that feels that way, you have to be able to take someone on your team and friends and say, 'This is how I'm feeling. I need help.' We're trying to promote that. We're trying to do that throughout the community."

40%

Prevalence of depression among those who suffered head trauma, such as concussions, up from 5 percent among the general population, a 2008 study found.

The Flyers have worked in conjunction with the Minding Your Mind Foundation, an organization that makes presentations to schools in an effort to "improve the lives of adolescents with mental health issues by eliminating the negative attitudes and behaviors perpetuated by stigma of mental health problems."

Students abusing booze

Alcohol, not drugs, the main problem among college-goers, new study claims ◗ Substance-abuse treatment for alcohol more common, data show

U.S. college students seeking treatment for substance abuse are more likely to be having trouble with alcohol but less likely to be abusing drugs like heroin, cocaine or methamphetamine than their non-student peers, according to a new government study.

Researchers at the Substance Abuse and Mental Health Services Administration analyzed data from 2009, when about 374,000 people between the ages of 18 and 24 were treated for substance abuse or dependence in the United States. The overwhelming majority of those admitted for treatment were young adults who were not enrolled in college or post-secondary school.

Quoted

These results underscore the "pervasive and potentially devastating role that alcohol plays on far too many college campuses."

PAMELA HYDE,
AN OFFICIAL WITH SAMHSA

About 12,000 of the admissions — or 3.2 percent of the total — involved young adults enrolled in higher education.

When researchers looked at patterns of abuse within the two groups, they found significant differences. The young adults enrolled in higher education who sought treatment were much more likely to be abusing alcohol than their non-college peers, researchers said.

When it came to most drugs, however, college students had markedly lower rates of treatment admissions than non-students their age.

Only 7.2 percent of the college students seeking treatment in 2009 were abusing heroin, compared with 16.1 percent of the non-students. Cocaine admission rates, meanwhile, were more than twice as high for non-students than for students. **REUTERS**

The loan bubble?

Almost half of bankruptcy attorneys representing U.S. consumers say that potential clients with student-loan debt have "significantly increased" over the past three to four years, a survey found.

- The borrowing represents a threat reminiscent of the mortgage crisis, the attorneys group said in a statement. Under U.S. law, student-loan debt — unlike credit-card borrowings — can rarely be discharged in bankruptcy court.
- Federal and private student-loan debt is approaching $1 trillion and surpassed credit-card debt for the first time in 2010, according to Mark Kantrowitz, publisher of FinAid.org. **BLOOMBERG**

JOE RAEDLE/NEWSMAKERS

▶ College students drink beer from funnels during Spring Break.

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- John Smallwood, Philadelphia Daily News 1/21/2012

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12	13 CHA 7:00 CSN	14	15 ORL 7:00 CSN	16	17 DAL 8:00 ESPN	18
19 MIN 7:00 TCN	20	21 MEM 8:00 TCN	22 HOU 8:00 CSN	23	24	25
26	27	28 DET 7:30 CSN	29 OKC 7:00 CSN			

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How hypocritical is the president?

Metropolitik

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POLITICAL REALISM FOR THE URBAN PROLETARIAT

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For complaints, suggestions and LinkedIn invitations, e-mail us at brayden.simms@metro.us.

Obama got nailed pretty hard yesterday over his decision to embrace super PAC donations for the upcoming November elections. Specifically, the president's campaign manager, Jim Messina, urged supporters to contribute to Priorities USA Action despite critical comments the president has made about campaign finance and the Supreme Court's super-PAC-expanding Citizens United decision.

The backlash was fierce. Democrat Russ Feingold criticized the president as "dancing with the devil" in endorsing "what is effectively a legalized Abramoff system." (Abramoff infamously served hard time for lobbying abuses.) Jonathan Collegio, a spokesman for American Crossroads, the super PAC run by Republican operative Karl Rove, called it "a brazenly cynical move." (Readers are advised to take this latter analysis with a shaker of salt; American Crossroads is, after all, an organization whose sole purpose is smearing, and ultimately defeating, the president and other Democrats in November.)

Cries of hypocrisy stem from disparaging remarks the president has made about Citizens United, most recently some feisty rhetoric from his State of the Union address last month when he said the 2010 ruling "reversed a century of law to open the floodgates for special interests — including foreign corporations — to spend without limit in our elections." Similarly, in an August 2010 address, Obama urged Americans that "we can not allow a corporate takeover of our democracy."

Messina addressed the above sorts of complaint in pointing out that Obama will be facing down hundreds of millions from opposing super PACs. "Our campaign has to face the reality of the law as it stands," he wrote. And considering recent funding disclosures, the reality for Obama is not good. Though the president leads Mitt Romney in non-PAC fundraising, big-money donors on the right have outdonated their left-wing counterparts by almost four times, leaving Obama and his party vulnerable to attack.

Of course, Obama campaigned on ending the corrosive influence of money in politics. Four years later and he's made no visible attempt to fix this problem. Now he needs more money.

Whether or not you hold Obama accountable for this concession to work within the system he has built his reputation on spurning depends partly on whether you value victory over ideals. The president's campaign argues it's more important to utilize the legal fundraising options that will be available to his opponents than to stake a claim on this important issue — and thereby die by it. Is the move hypocritical? Definitely, especially considering he's already done the staking. But if Obama really wants to preside long enough to change this law, he'll need to win re-election first.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

MOLLY RILEY-POOL/GETTY IMAGES

▶ Can Obama convince the electorate that he's simply playing on equal ground?

GET FED

The headlines ran the gamut from outraged to pragmatic:

- "SuperPACs for me, but not for thee" **NAKEDDC.COM**
- "Unsurprisingly, Obama Re-Elect Will Accept SuperPAC Aid" **OUTSIDETHEBELTWAY.COM**
- "Changing Positions, Obama Campaign Will Push Support for Democratic Super PAC" **ABCNEWS**
- "Obama's 'super PAC' decision reflects new campaign reality" **LATIMES**
- "Obama Finds Staying On Campaign-Finance High Road Not So Easy" **NPR**
- "Feingold: Obama Super PAC Reversal Will Lead To 'A Legalized Abramoff System'" **HUFFINGTONPOST**
- "Barack Obama, Super-hypocrite on SuperPACs" **PATTERICO.COM**

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Neuroscience the new face of warfare

Directed energy weapons that use wave beams to cause pain, and electrical brain stimulation that boosts a soldier's combat ability — it may sound like science fiction warfare, but experts say advances in neuroscience mean it's on the horizon.

Rapid progress in the ability to map brain activity and manipulate its responses with stimulants could change the face of warfare, a panel of experts said yesterday.

The experts, looking at the scope for neuroscience in future military conflict, said researchers on the cutting edge of medical science should remember that their work could have other, more harmful uses.

"We know neuroscience research has the potential to deliver great social benefit — researchers come closer every day to finding effective treatments for diseases and disorders such as Parkinson's, depression, schizophrenia, epilepsy and addiction," said Rod Flower, a professor of biochemical pharmacology at Queen Mary University of London, who led the panel.

"However, understanding of the brain and human behavior, coupled with developments in drug delivery, also highlight ways of degrading human performance that could possibly be used in new weapons."

The report, published yesterday by the U.K.'s national academy of science, the Royal Society, was written by experts in neuroscience, international security, psychology and ethics. **REUTERS**

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Anonymous 'cowards'

Lawyers for a U.S. Marine court-martialed for his role in killing Iraqi civilians in Haditha slammed the international hacking collective Anonymous as "cowards" after they knocked out the firm's website and published internal e-mails on the Web.

The e-mail and website of law firm Puckett and Faraj, PC — which represented Marine Frank Wuterich, who pleaded guilty in January to dereliction of duty in the death of 24 Iraqi civilians in Haditha — was forced offline by the Internet activist group on Friday and remained down on Monday.

The defense lawyers took to their Twitter account to lambaste the group, saying: "Puckett Faraj cyber-attacked Friday by cowards for defending Frank Wuterich from the government the hackers seek to destroy — go figure." **REUTERS**

The end

The court-martial of Wuterich, 31, which concluded in late January, was the last in a series of court-martials resulting from shootings and grenade attacks on Nov. 19, 2005, that left two dozen civilians dead in Haditha, a city west of Baghdad that was then an insurgent hot spot.

Bribery sting case mulled

Senior U.S. Justice Department officials are weighing whether to drop a major case that involved a sting operation to try to catch executives paying bribes to win lucrative contracts for military equipment, a prosecutor said yesterday.

The case encountered several setbacks along the way. U.S. authorities arrested 22 people two years ago and accused them collectively of trying to bribe two men who posed as representatives of Gabon's defense ministry to win $15 million in deals to provide guns, body armor and other equipment. The representatives were actually FBI agents. **REUTERS**

VANO SHLAMOV/AFP/GETTY IMAGES

Europe. Ice

▶ A man looks at the giant icicles on a rock in Tbilisi, Georgia.

While much of Europe is buried beneath snow and sheets of ice, some of it is already melting, causing concerns about major flooding. Rivers in Greece and Bulgaria had already overflowed their banks, leaving homes underwater and eight people dead after a dam collapse.

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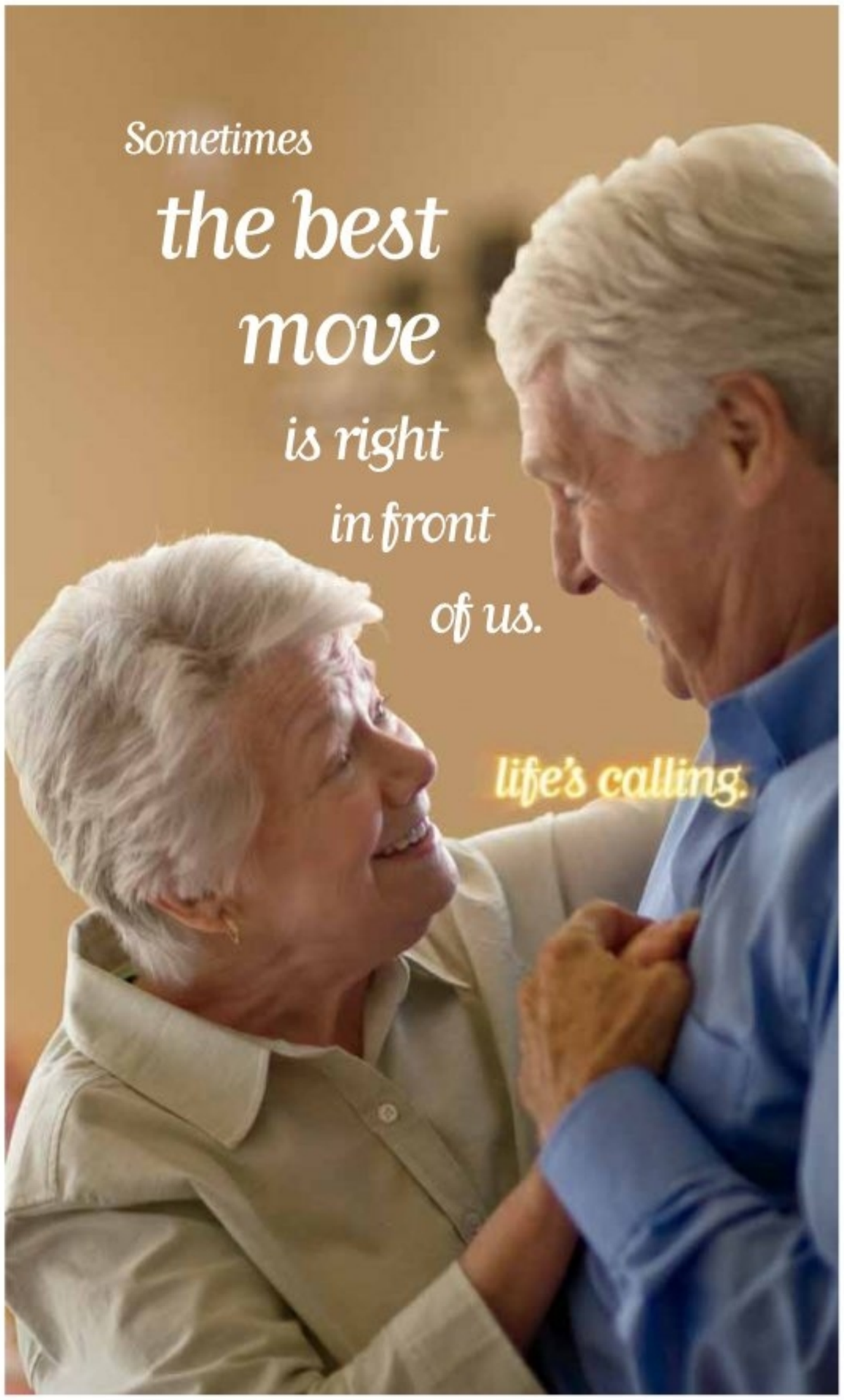

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Court strikes down gay marriage ban

GETTY IMAGES

A U.S. appeals court yesterday found California's gay marriage ban unconstitutional in a case that is likely to lead to a showdown on the issue in the U.S. Supreme Court.

Proponents of the ban said they would appeal the ruling, and the Protect Marriage coalition that sponsored the ban called the judgment "out of step with every other federal appellate and Supreme Court decision." The appeal is likely to keep gay marriage on hold pending future proceedings.

But gay marriage supporters celebrated. Outside San Francisco City Hall, Breana Hansen stood smiling by her partner, Monica Chacon. "We're so happy. It's a validation for us as a couple," Hansen said.

The majority in the 2-1 decision by the 9th U.S. Circuit Court of Appeals did not address whether marriage was a fundamental right available to same-sex couples as well as heterosexuals. But the two judges ruled that California's Proposition 8 ban did not further "responsible procreation," which was at the heart of the argument by the ban's supporters.

California joined the vast majority of U.S. states in outlawing same-sex marriage in 2008, when voters passed the ban known as Proposition 8. **REUTERS**

Komen VP stands down after Planned Parenthood row

A senior executive of breast cancer charity Susan G. Komen for the Cure resigned yesterday, a week after the group became the target of a public furor for cutting funding to women's health organization, Planned Parenthood.

Karen Handel, a Republican who once ran for governor of Georgia on a platform calling for the defunding of Planned Parenthood, stepped down from her role as the top U.S. breast cancer charity's senior vice president for public policy and chief lobbyist, the organization said on Tuesday.

"I have known Karen for many years, and we both share a common commitment to our organization's lifelong mission — which must always remain our sole focus," Komen founder Nancy Brinker said in a statement. "I wish her the best in future endeavors."

Komen's move last week caused an uproar among supporters who also back Planned Parenthood, a provider of birth control, abortion and other health services. Komen reversed the decision on Friday.

Many had accused Komen of bowing to political pressure from anti-abortion groups who want to cut off all funds to Planned Parenthood. The charity says its move had been guided by a new policy to avoid funding organizations under investigation by authorities. **REUTERS**

"I have known Karen for many years, and we both share a common commitment to our organization's lifelong mission — which must always remain our sole focus."

KOMEN FOUNDER NANCY BRINKER

Staff replaced at sex-abuse school in LA

Educational officials are replacing all staff at a Los Angeles school where two instructors are accused of having sexually abused children. Police arrested Mark Berndt, who they say placed cockroaches on students' faces and offered them spoonfuls of a substance found to be semen. **REUTERS**

Kids in blast were chopped up by father

The boys of a man who blew up his Washington state home, killing himself and his sons, suffered chop wounds and died of smoke inhalation, a law enforcement official said.

Josh Powell locked his children, 5-year-old Braden and 7-year-old Charles, in his house in Puyallap, Wash., and ignited 10 gallons of gasoline and accelerants Sunday, police said. **REUTERS**

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myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Russell Brand has a type

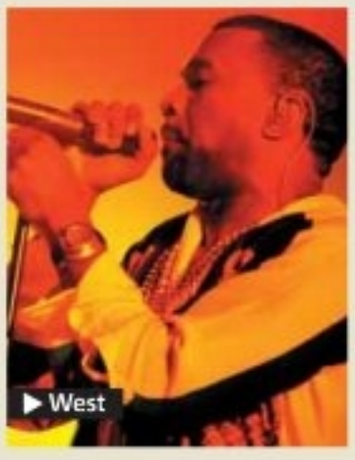
Say it ain't so, **Zooey Deschanel**!

In the wake of his split from **Katy Perry**, **Russell Brand** has reportedly set his sights on "New Girl" star Deschanel — and has been sending her "fun, flirty texts," according to Hollyscoop. Sources say that Brand "thinks she's hysterically funny and cute, too. He loves her quirky sense of humor, and thinks they'd be great together both on- an off-screen." Coincidentally (or not!), Deschanel filed for divorce from husband **Ben Gibbard** just days before Brand filed for divorce from Perry.

This is weird, because the fact the two women look alike is well documented. In 2009, Deschanel actually complained to MTV News about constantly being confused with Perry. "It's a little bit annoying, to be totally blunt. The only similarity that we have is that we look a little bit alike," she told the site. "I have met her before. She seems like a nice person. I'm happy that she's famous enough now that she's not going out and being mistaken for me."

West: No polyester suits!

Kanye West is proving himself to be the **Joan Crawford** of the hip-hop set. But instead of screaming about using of wire hangers, he's showing his disdain for the common folk using fabric that isn't natural. In his Australia tour rider, West insists that his chauffeurs only wear suits that are 100 percent cotton ("no man-made fibers" he states). Oh, and he also specifies that the only thing he will wipe his brow with while on stage are cut-up Versace towels.


▶ West

This shouldn't be surprising as this comes from a man who once tweeted "fur pillows are hard to actually sleep on," so we know he knows his textiles.

Spotted. Beyonce

▶ Looking good, B!

KEVIN MAZUR

Bodacious baby mama Beyonce

Beyonce showed off her post-baby body in her first public outing since giving birth a month ago, attending husband Jay-Z's charity concert at Carnegie Hall on Monday night.

Talking points

Moore in rehab with Mueller

Although she's undergoing treatment at upscale rehab facility Cirque Lodge in Utah, **Demi Moore** hasn't been spending time with other patients, including **Charlie Sheen**'s ex-wife **Brooke Mueller**, according to Radar Online. "[Demi] hasn't had any interaction with other patients yet. She is still in detox at the moment," a source says. "Brooke hasn't talked to or seen Demi. This is simply because they are in different stages of treatment." Moore is expected to complete a 30-day round of treatment at the facility.

Beckham forced to leave the field

All of **David Beckham**'s professional bona fides didn't matter when it came to challenging a referee at his son's soccer match recently, as the heated exchange ended up with Beckham being forced to leave the field. "The kids are 7 years old and he sent the kid off," Beckham tells **Jonathan Ross** during an interview, defending his actions. "I was like, 'Come on, he's 7, referee, you can't send him off.'"

Pattinson on the vampire craze

Given how much "Twilight" has changed his life, it's no surprise **Robert Pattinson** tends to give a lot of thought to the vampire series — and the ramifications of its success. "Doing something like 'Twilight' opens doors and it closes others," Pattinson tells the Herald Scotland. "You can say, 'Oh if I was still unknown, then no one would judge me. But at the same time, nobody would give a s— either. It's a weird little balance."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Frankie Muniz doesn't appreciate Twitter hoaxes, Diane Keaton wants you to get your facts straight, Virgina Madsen is not getting the help she needs and Steve Martin is just trying to be cooperative.

@**frankiemuniz:** I'm so sad that basically every celeb has died this week. Where would I get my news if it weren't for Twitter Trending Topics??

@**Diane_Keaton:** Thanks for all the birthday wishes, but it was last month!

@**madlyv:** Just luv the Apple store. Full of hipsters and not one who'll help. Oh sorry I meant "geniuses"

@**SteveMartinToGo:** Uploaded photo of myself in Speedo to comply with Google's new privacy policy.

Keaton

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A little Channing Tatum action for your Wednesday

1. Which one of these things doesn't belong (just kidding, Jonah!)? **George Clooney**, **Brad Pitt** and **Jonah Hill** attended the 84th Academy Awards Nominations Luncheon at The Beverly Hilton hotel on Monday in Beverly Hills, Calif.

2. Lindsay Lohan arrived at JFK airport on Monday in New York City.

3. Jay-Z performed at Carnegie Hall to Benefit the United Way of New York City and the Shawn Carter Foundation on Monday in New York City.

4. Sharon Stone received the Lifetime Achievement Award from director **Martin Scorsese** at AARP Magazine's 11th annual Movies for Grownups Awards Gala at the Beverly Wilshire Hotel on Monday in Beverly Hills.

5. Nick Jonas and **Kristin Chenoweth** attended the 2012 Drama League Of New York "Musical Celebration Of Broadway" Benefit at The Pierre Hotel on Monday in New York City.

6. Rachel McAdams and **Channing Tatum** arrived at the premiere of their new rom-com "The Vow" at Grauman's Chinese Theatre on Monday in Hollywood.

1: ALBERTO E. RODRIGUEZ/GETTY IMAGES
2: ARNALDO MAGNANI/GETTY IMAGES
3: KEVIN MAZUR/WIREIMAGE
4: KEVIN WINTER/GETTY IMAGES
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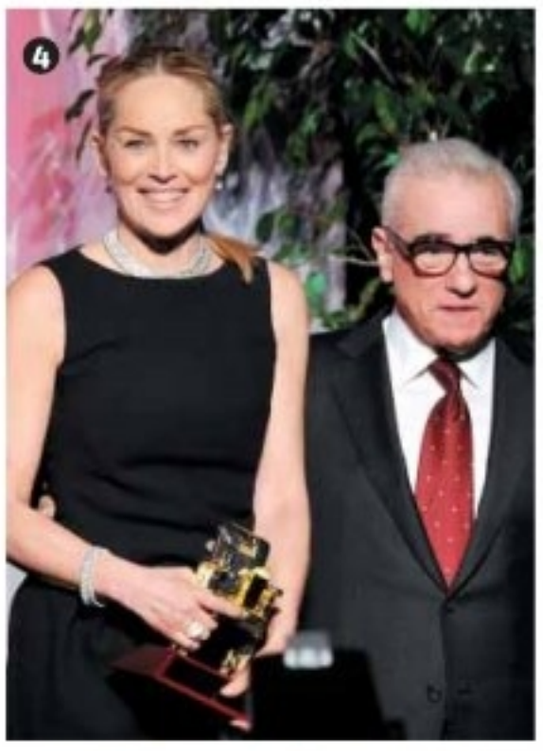

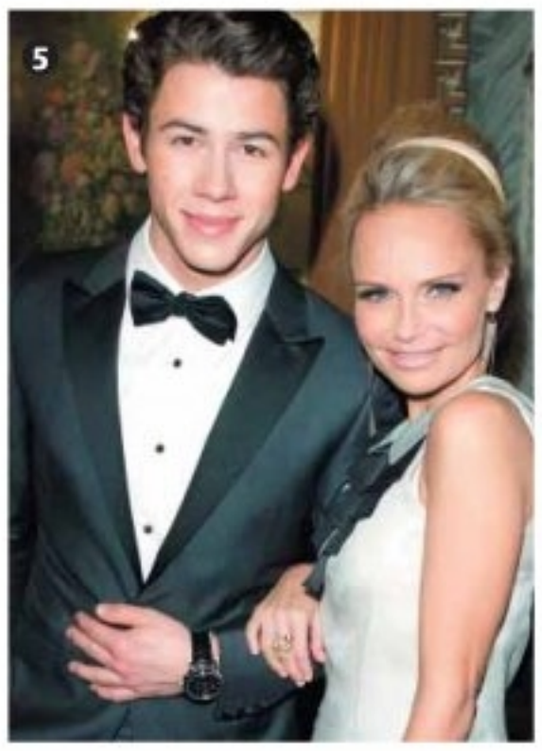

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myentertainment

Getting the job done, A$AP

Rocky talks good music, handling business and listening to his elders

ROGER KISBY/GETTY IMAGES

▶ A$AP Rocky plays the TLA tonight at 8. Visit www.livenation.com for tickets.

Can A$AP Rocky, a young Harlem rapper with a love for high-end streetwear and Southern-style beats, bring the spotlight back to hip-hop's birthplace? Drake and Snoop Dogg are among the genre's stars who seem to think so.

Drake had Rocky open on his recent Club Paradise tour. With his mix tape, "LiveLoveA$AP," he's been keeping the Internet buzzing with a stream of music and self-directed videos. And that buzz is so big that it resulted in a $3 million label deal with RCA for himself and his crew, A$AP Mob. Now with Rocky's single "Peso" jumping on mainstream radio, the rapper — or "that pretty motherf—," as he's called himself — is hitting the road for his first headlining tour.

Rocky's given name is Rakim Mayers, named after one-half of the legendary hip-hop duo Eric B. & Rakim. So how does a kid from Harlem named after a hip-hop legend develop such a love for that Houston sound?

"When I first heard it," he says, "it just appealed to me so much that it became a habit."

Rocky says he's enjoyed not only getting respect from his elders, but also advice.

"Some young rappers are too stubborn and disrespectful to take heed," he says. "Young rappers get caught up in the hype. Me? I'm always in student mode."

But this intergenerational exchange works both ways.

"Technically we are smarter than the generation before us," he says. "We have technology and all that revolutionary s—. The older generation is more wise. And there is a difference between wit and wisdom."

G. VALENTINO BALL
letters@metro.us

Q & A

Why was it so important for you to not have the normal artist deal? How were you able to make that happen?

▶ Because I'm not a normal person. I told these labels, "If you don't have any interest in giving me a label, go f— yourself." That was that. It started off as negotiation of what we are going to get for a label deal. People knew what I wanted from the jump.

TV watch list

ABC/RICHARD FOREMAN

▶ It's an unhappy Valentine's Day for Max (Adam Pally) and friends on "Happy Endings."

'Happy Endings'

COMEDY. Despite the series title, there will be no pleasant resolve for this group of friends on Valentine's Day — particularly for Max, who bumps into the ex (guest star James Wolk) he broke up with last V-Day.
9:30 p.m., ABC

'Law & Order: SVU'

DRAMA. Turns out the dangers of reality TV are more than simply rotting brain cells when Miranda Lambert guest stars as an aspiring actress who may be a shady reality show producer's next victim.
10 p.m., NBC

'Criminal Minds'

DRAMA. The dangers of betting go beyond blowing your life savings when high rollers are murdered in Atlantic City. Bad time for Dean Cain — playing a down-on-his-luck gambler — to guest star.
9 p.m., CBS

'Modern Family'

COMEDY. Phil tries desperately to impress his new business partner, played by Greg Kinnear. As long as he doesn't drop the F-bomb, a la Lily, and spark a silly controversy, he should be fine.
9 p.m., ABC AMBER RAY

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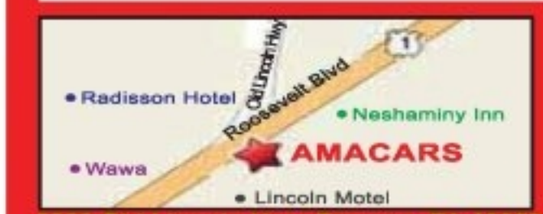

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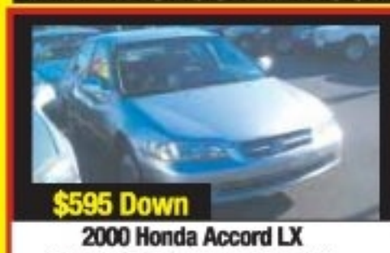

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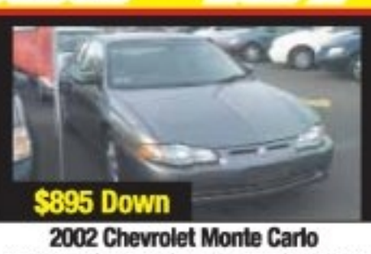

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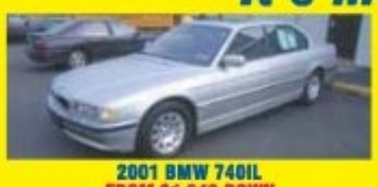
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mytechnology

Virtual thrills

This winter may be the second mildest in the country's history, but that doesn't mean we are our skivvies running up and down the streets like crazy people. No, we are indoors bundled up playing video games. Since it gets dark so damned early, scary games do the trick. Here are reviews of two recently released gore fests. Are they scary "uh-oh" or scary "yikes"?

'Resident Evil: Revelations'
Console: Nintendo 3DS
Company: Capcom
Grade: ●●●○○

"Resident Evil" is the puss-filled patriarch of the whole survival horror thing. The recent console installments, however, have been appealing more to action fans and less to horror junkies. "Resident Evil: Revelations" changes all of that. It's a terrifying journey that retains the fast-paced gunplay that make the newer entries so much fun.

However, the controls are stilted and benefit from the addition of the forthcoming second analog stick attachment. That's an extra $20. Spending money is scary.

▶ Get spooked with the apocalyptic horrors of "Resident Evil: Revelations."

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

Review

'Amy'

Console: 360/PS3
Company: Vector Cell
Grade: ●○○○○

If "Resident Evil" is the patriarch of survival horror, that makes "Amy" the racist uncle who only shows up at family gatherings to borrow money and steal earrings. In short, this game is awful. The controls are absolutely broken. You can try to pick up an item or hit an enemy, but the game won't let you. It is endlessly frustrating.

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Pasternak's tips to revolutionize your workout

By now, your New Year's exercise regimen may have gotten old and, well, boring. If anyone knows how to keep an exercise routine from getting dull, it's fitness guru and celebrity trainer Harley Pasternak. The co-host of ABC's new daytime TV makeover show "The Revolution" — who has trained Katy Perry, Robert Downey Jr. and Halle Berry — tells Metro why we should keep out of the workout doldrums and stay with the program.

"Change is what keeps the body developing," Pasternak says. "Keep changing [your routine] up all the time. We expose the body to stimulus, and it's forced to adapt. That's where we see the gain. Constantly changing forces the body to constantly adapt and keep adapting."

If you're bored with your exercise routine, your body and muscles are, too — and the workout loses its effectiveness. Try Pasternak's tips to keep your workout invigorating:

- Change which parts of your body you work on.
- Change the music you play during your workout.
- Change tools: Whether you work with barbells or water bottles, change what you use.
- Change the time of day that you exercise to add a whole new element.

LINDA CLARKE
letters@metro.us

Pasternak

Power of five

Five is a lucky number with Pasternak, who has a Master of Science in Exercise Physiology and Nutritional Sciences, plus an honors degree in kinesiology. That figure kept cropping up in his routines. Now it's the basis of his 5-Factor Success System Diet and Fitness Program, available as of 2012 ($100, www.hsn.com).

"When I was working on movie sets, we would be shooting five days a week and we'd do 25-minute workouts split into five-minute segments. There wasn't a lot of time during shooting breaks, so I'd be preparing five-minute meals with no more than five ingredients. I used that [basis] for the 5-Factor System because it's how I found success."

Watch it

Harley Pasternak transforms lives on "The Revolution," weekdays at 2 p.m. on ABC.

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Today in medicine

Radiation and the brain

Study subjects: Mice
Location of study: Greece
Results: A Greek study found that protein in mice brains changed after the animals' bodies were exposed to RF electromagnetic fields, similar to the radiation emitted by cell phones, portable phones and wireless computer equipment. The changes were in areas of the brain necessary for learning, memory and other functions.
Significance: This is new evidence for a potential relationship between everyday technology use and brain-related illnesses like headaches, dizziness, sleep disorders, tumors and Alzheimer's.

INGRAM PUBLISHING

▶ There's new data supporting a link between cell phone use and brain problems.

STOCKBYTE

▶ The government wants more people to get screened for cancer.

Obesity and pain

Study subjects: 1,010,762 men and women
Location of study: U.S.
Results: Stony Brook University researchers found that of the 63 percent of respondents classified as overweight or obese, their rates of pain were significantly higher than those with a low or normal weight.
Significance: Researchers suggest several reasons for this obesity-pain relationship, including excess fat resulting in inflammation and pain, depression leading to pain sensitivity and medical conditions that cause pain, like arthritis, which may make people less inclined to exercise.

National cancer screening below recommended rate

Study subjects: CDC data
Location of study: U.S.
Results: The CDC and the National Cancer Institute released a report that states cancer-screening remains below the U.S. Department of Health and Human Services' targets. The data included screening for breast, cervical and colorectal cancers.
Significance: Screening and early detection prevent cancer deaths. The report stated that the Affordable Care Act, which will broaden insurance coverage, should improve people's access to screenings.

LINDA CLARKE

Health note

Tune in

Two new films seek to educate consumers on just where their food comes from. "Labels Matter" encourages viewers to get behind the mandatory labeling of genetically engineered food in the U.S. (our country currently does not require it), while "The Apple Pushers" documents the lives of immigrant street cart vendors. You can watch "Labels Matter" online at **www.justlabelit.org**; "The Apple Pushers" screens in Boston this April — visit **www.applepushers.com** for details. METRO/ME

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Letters

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Every party has its horrible people

RE: "GOP: NOT RACIST, BUT BIG WITH RACISTS?": To the dummy who mentioned he would find it hard to find a Democrat who would be a member of a white supremacist group ... I guess he never heard of the late Robert Byrd, the ex-senator of West Virginia. Read up on your history before making another false and misinformed statement.
MICHAEL REYNOLDS, VIA E-MAIL

If you take both political parties as groups, you will always find horrible people and views associated with them. Judge people as individuals and not as groups. Groupthink is where racism spreads its ugly tentacles.
KELLY DONNOE, VIA E-MAIL

Government funds go both ways

RE: "YOU SEE, MONEY FLOWS DOWN THE CHAIN": Mr. Dupont would do well to remember that those "bloodsucker government employees" he hates are the same ones who protect him from enemies foreign and domestic, build and maintain the roads he drives on, ensure his food doesn't poison him and the thousand and ten other things he can't do by himself.
JOSEPH CONNELL, VIA E-MAIL

Oh, Mr. Dupont, there you go again. Where are these government-run Ferrari museums? Will there be one on the new moon base? Democrats just think that people who make more than $1 million annually should pay closer to the percentage that I pay. **SCOTT KEELEY, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

To Mr. Dupont: What on earth are you talking about?
KEVIN NANCE, PHILADELPHIA

"Perhaps it is time to make a clean sweep in Washington."

It is wrong — and unconstitutional — to take billions of our hard-earned tax dollars and give them away in foreign aid. We are the only country in all recorded history to do such an unspeakable thing, especially giving money to our avowed enemies. The only presidential candidate who said he would end foreign aid is Ron Paul. Perhaps it is time to make a clean sweep in Washington.
FRANK ST. GEORGE, VIA E-MAIL

Horoscope

♒ Aquarius **Jan. 20-Feb. 19.** Appearances could be deceptive, such as a situation where you believe you're helping another.
♓ Pisces **Feb. 20-March 20.** You will have an excellent chance to take a nominal opportunity and transform it into something quite outstanding.
♈ Aries **March 21-April 19.** There is a market for the gifts you possess, but it won't come to you — you must find and exploit it.
♉ Taurus **April 20-May 20.** You could be more fortunate than usual in situations that contain elements of chance. However, you can't leave everything up to luck.
♊ Gemini **May 21-June 20.** A situation about which you've been quite negative could surprise you with a fortuitous resolution.
♋ Cancer **June 21-July 22.** A surefire formula for success contains equal parts optimism and elbow grease. Once you determine that you have a chance, put your muscles to work.
♌ Leo **July 23-Aug. 22.** You might start out with some rather modest objectives; but once you spot something looming over the horizon, you'll immediately switch targets.
♍ Virgo **Aug. 23-Sept. 22.** The two greatest assets you possess are your optimism and your common sense. When the duo acts in unison, you won't have any trouble.
♎ Libra **Sept. 23-Oct. 23.** A change you've been trying to orchestrate on your own may happen with a smidgen of intervention from Lady Luck.
♏ Scorpio **Oct. 24-Nov. 22.** Someone who has been watching you for a long time has decided that he or she wants to meet you.
♐ Sagittarius **Nov. 23-Dec. 21.** By demonstrating a willingness to be cooperative, you will engender a similar response from others.
♑ Capricorn **Dec. 22-Jan. 19.** People who have always proved lucky for you could prove to be fortunate again when you're all on the same wavelength. **BERNICE BEDE OSOL**

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Across
1 Muddle
6 Blacken with heat
10 Poets' eyes
14 Sign on (2 wds.)
15 Timber wolf
16 Gaze at
17 Former Maytag rival
18 Singles
19 How some sit by
20 Mollusk or flower
22 Ex-GIs
23 Frothy brews
24 Ms. Zetterling
26 Jonathan Swift works
30 False fronts
34 Author __ Cussler
35 "Java" trumpeter
36 Last, for short
37 Have status
38 Tangy
40 Loaded for __
41 Emma in "The Avengers"
42 Clobber
43 Hartford competitor
44 Good evening in Paris (2 wds.)
46 Safekeeping
48 Drain cleaner
49 Muslim mystic
50 Sasquatch cousin
53 Detain
59 Wednesday's god
60 Sheltered
61 Column order
62 Nerd
63 Paint containers
64 Prefix for nerve
65 A famous 500
66 Nautical mile
67 Detroit dud

Down
1 Cad's rebuke
2 1899 Gold Rush town
3 Thickening agent
4 Done, to Dumas
5 In the dark
6 Replicas
7 Geese calls
8 "Bootnose" of hockey
9 Kitchen herb
10 Singer __ Newton-John
11 Grabbed a cab
12 Clap of thunder
13 The __ the limit!
21 __-de-France region
25 Not hesitate
26 Cancel a launch
27 Texas tourist site
28 Atlas, for one
29 __ been had!
30 Appropriate
31 Because of (2 wds.)
32 Spiral-horned antelope
33 Wander off
35 FDR VP
38 Crisp toast
39 Hearing aid?
40 Play the ponies
42 Sauce in a wok
43 Silly
45 Clinging
46 Most precious
47 Tabloid topic
49 Dictation taker
50 Mr. Berra
51 Perfect place
52 Laced up
54 __ Bator
55 Chopped weeds
56 Unwelcome obligation
57 Trevi Fountain coins
58 Environmental sci.

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SUDOKU **LEVEL: EASY**

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		8	2		5	7		
		7	1				9	6
2			8	7				
	3		5	4				7
	1				3			

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Solution to yesterday's crossword

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H	Y	E	N	A		M	E	L	E	E		P	E	N
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Flyers earn point in shootout loss to NY Islanders

- Isles top Orange and Black, 1-0
- Nabokov excellent in net, turns away 45 shots
- Flyers win shots, 45-18
- Briere back after missing six games with concussion

GETTY IMAGES

▶ Danny Briere returned to the lineup last night.

They knew better. The Flyers weren't going to take the Islanders lightly, not after they were embarrassed by the Atlantic Division's basement dwellers almost three weeks ago at Wells Fargo Center.

But they had no way of knowing that Evgeni Nabokov would turn in the best goaltending performance they faced all season and steal the game for the Islanders in a 1-0 shootout.

The 36-year-old Russian netminder blanked the Flyers on all 45 shots they fired at him. Even in overtime, Nabokov made an extra four saves. Neither Danny Briere nor Wayne Simmonds could beat him in a shootout.

The Flyers heavily outshot the Islanders, 45-18, but could not solve Nabokov. For the first time since Dec. 6, 2005, the Flyers played a scoreless tie through regulation — they won that contest 1-0 at home over Calgary.

Ilya Bryzgalov was sharp as well, making 18 saves and was perfect until the shootout. There, he allowed goals to Frans Neilsen and John Tavares. As a team, the Flyers are now 1-5 in shootouts. Bryzgalov has allowed eight goals on 10 shots in the shootouts.

For their efforts, the Flyers got a much-needed point in the standings. They hadn't got one in their last two games and have lost three in a row for the first time since last March.

Not only did they get a point, but a key piece of the Flyers' offense returned.

Center Danny Briere returned after missing six games with a concussion. He played 19:21 and was 60 percent on faceoffs.

"I'm 100 percent," said Briere, who has 13 goals and 17 assists this season. "It's all about the symptoms. It's not like a knee or a shoulder where you're finding your way back. When you're symptom-free, you're 100 percent."

DAVE ISAAC
sports@metro.us

3

Blue Monday

Giants party

The New York Giants — yes, those same ones Vince Young beat — celebrated their second Super Bowl parade in five years yesterday.

Nearly 1 million fans lined the streets of Manhattan to cheer Super Bowl MVP Eli Manning and Co.

Running back Andre Brown led a rendition of a song he created simply called, "I Gotta Ring!"

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"The league should be looking at us as a poster of a real team the way we play every night," Sixers coach Doug Collins said.

The Spurs (17-9) come in riding a five-game winning streak, including impressive ones over Oklahoma City and Memphis. However, San Antonio hasn't fared well in Philadelphia in recent years, losing four straight here.

The Spurs could be without Manu Ginobili again, while the Sixers are listing center Spencer Hawes as doubtful for tonight's tip. METRO

GETTY IMAGES

▶ Hawes is listed as doubtful for tonight's game.

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Spurs at Sixers, 7 p.m. (CSN)

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B218 J. Armour • C246 M. Muse • C271 Clean Sweep Part 2 Attn: Anthony Jones
C292 D. Houseman • C309 C. Murry • C326 K. Ewins • C388 J. Cataldi • D446 S. Creelman
E468 H. Drach • F529 J. Hawkins • F570 S. Outlaw

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A822 E. Escobar • B1104 L. Potter • B1105 D. Pavuk • B1109 K. Evans • B1304 A. Mella
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Hipcycle puts a new spin on green decor

Recycled home-goods site Hipcycle.com is as much about quality and design as it is about eco-friendliness

First, let's get one thing straight: Hipcycle.com is not Etsy. While the site does offer picture frames made from old vinyl records and lampshades crafted from discarded (and cleaned) chopsticks, it's not a hippie artist free-for-all.

"A lot of people think we're like Etsy, but we're more like Amazon — we're a much more curated site of upcycled products," says founder and "Chief Hipcycler" Andrew Sell of the site, which he runs out of Asbury Park, N.J.

As Sell points out, "upcycling" — or finding new purposes for previously used materials — is certainly nothing new: Necessity has made previous generations get crafty with old floorboards, and drinking glasses made from wine bottles have their trendy moment every couple decades. But what was missing, as he saw it, was a one-stop online shop for creatively recycled wares.

For now, Hipcycle — which debuted late last fall — skews heavy on the furniture and homegoods. And while the focus is on environment-friendly products, it's not necessarily the main draw. "We're not leading with a message that 'Hey, this is green' — we're offering products that are as attractive and durable as mainstream products," says Sell.

3

2

Top 3

Sell's favorite pieces now available at Hipcycle.com:

1. Picture frame made from a tin roof ($46)
2. Candelabra crafted from reclaimed wooden spindles ($90)
3. Glass tumblers made from Perrier water bottles ($40, set of four)

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at home with metro

3 Home trends

Move over white ceramic owls and French burlap pillows — here's what you're covering your living room with, come spring Prepare for 'Downton Abbey' chic

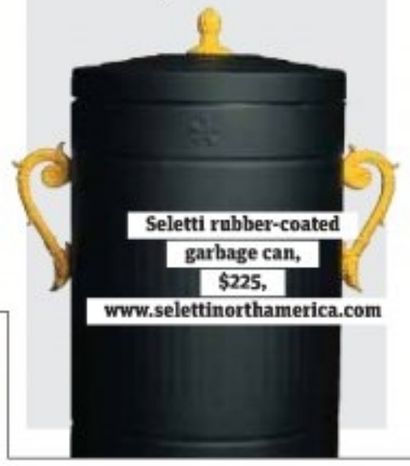
We scanned the New York International Gift Fair held last week at the Javits Center and found three emerging trends to keep in mind the next time you want to spruce up your place.

More to look for

- **Color:** Plum and fig (goes great with brown or gray).
- **Metallic:** Bright, yellow-gold
- **Fabrics:** Crocodile prints and embossment
- **Ceramics:** Swirled, shiny glazing (think '70s Blue Mountain Pottery)
- **Wood:** Raw, unfinished and unstained accents

Fanciful details

Royal weddings, diamond jubilees and the hit television series "Downton Abbey" are all influencing this one. Touches of curvy details and formal Victorian accents add a bit of class to home goods.



Seletti rubber-coated garbage can, $225, www.selettinorthamerica.com

Pillow therapy

Letters on artwork, linens and dishes have been a big trend — now designers are taking it one step further by encouraging quotes on our favorite accessories.

Sugarboo Designs When In Doubt Pillow, $120, www.gatheringgrace.com

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30 yr jumbo	4.250	0.000	$166	20%	4.288
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Legend: The rate and annual percentage rate (APR) are effective as of 2/9/12. © 2012 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (Loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of $185,000. Jumbo loans are based on loan amounts of $435,000. Points quoted include discount and/or origination. Lock Days: 30-60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms -- ex. 360 monthly payments of $5.29 per $1,000 borrowed vs. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. **To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://www.interest.com**

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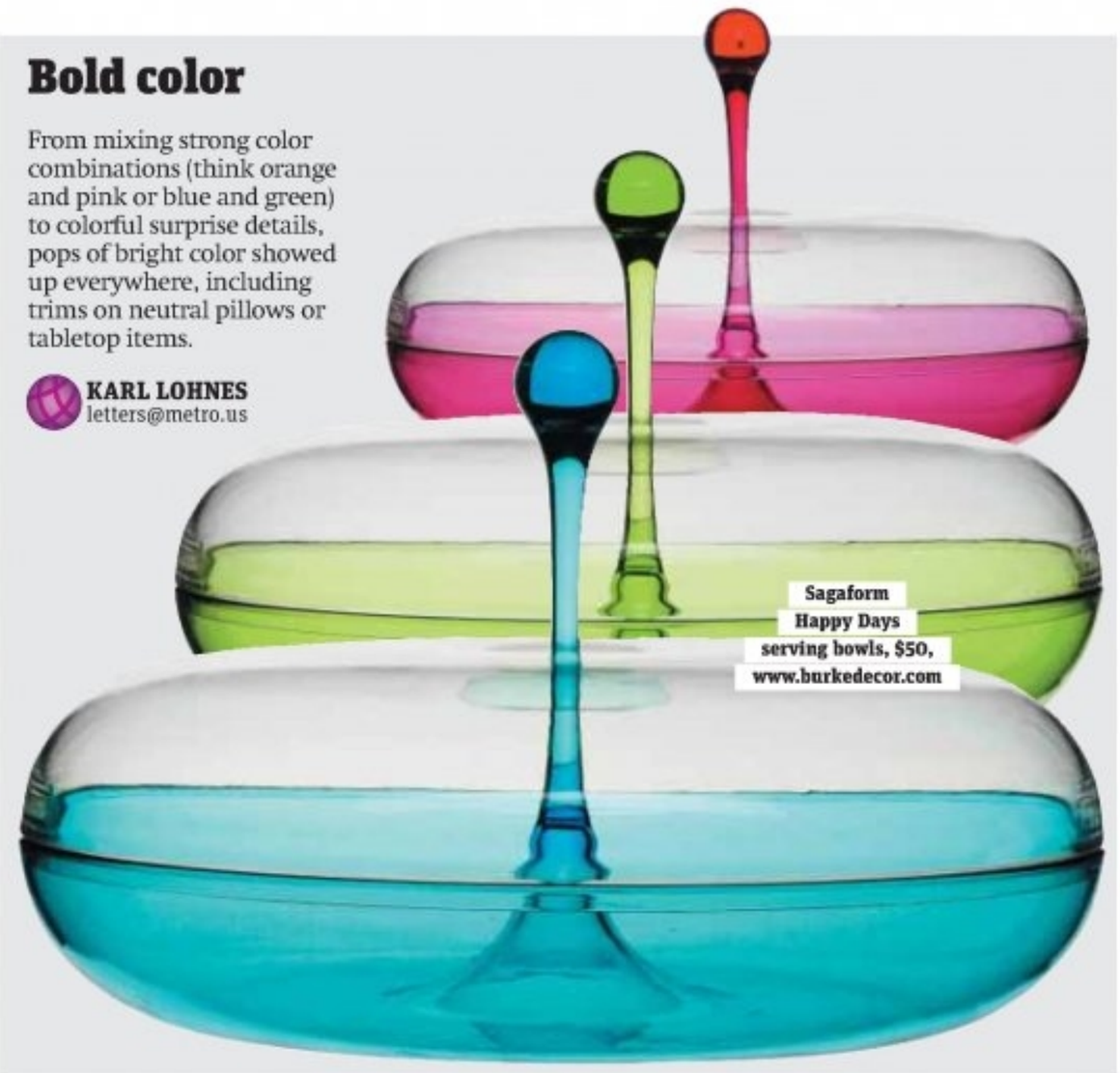
Bold color

From mixing strong color combinations (think orange and pink or blue and green) to colorful surprise details, pops of bright color showed up everywhere, including trims on neutral pillows or tabletop items.

KARL LOHNES
letters@metro.us



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